

The Four Steps of Careful Communication

- (1) Say what you think or feel.
- (2) Say what is happening to make you feel that way.
- (3) Say what you think the other person thinks or feels.
- (4) Say what you want the other person to do.

Example:

I feel _____ when you do _____. I realize you must feel _____. But what I want from you is _____.